



Dreaming of a Tobacco Free Life?

Don't dream about it. Do it. Enroll in Quitline Iowa today.

Feel the burden of nicotine addiction start to float away when you begin talking with a Quit Coach®. Together, you'll map out a clear quit plan and strategies tailored to your lifestyle. Our coaches will help you cope with everything from cravings and triggers, to social situations that can derail your progress.

Along with phone coaching, you'll receive:

- A handy workbook filled with tips for every day of your quit.
- Online tools and a community of people like you trying to quit.
- Plus, you may be eligible for free nicotine replacement therapy which includes a choice of patch, gum or lozenge.

Enroll today.

1-800-QUIT-NOW (1-800-784-8669)

www.quitlineiowa.org



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Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control.